

## QUICK START TENNIS

Quick start tennis is designed to bring kids/youth into the games by adapting the equipment, court dimensions, and the scoring to the age, skill, and size of the children just like other youth sports do. Each lesson will include movement activities and progressive skill development to learn forehands, backhands, and serves in a fun and exciting way.

Teen/Adult Tennis is designed to teach basic strokes such as forehand and backhand. Participants must provide a racquet and a can of unopened tennis balls.

### TUESDAYS' PEE WEE

**Course # W11050:** March 1, 8, 15, 22  
**Course # W11051:** March 29, April 12, 19, 26  
 Time: 6:00 p.m.- 6:45 p.m.

### TUESDAYS' YOUTH

**Course # W11052:** March 1, 8, 15, 22  
**Course # W11053:** March 29, April 12, 19, 26  
 Time: 7:00 p.m.- 8:00 p.m.

### TUESDAYS' TEEN/ADULT

**Course # W11054:** March 1, 8, 15, 22  
**Course # W11055:** March 29, April 12, 19, 26  
 Time: 8:00 p.m.- 9:00 p.m.

### THURSDAYS' PEE WEE

**Course # W11056:** March 3, 10, 17, 24  
**Course # W11057:** March 31, April 14, 21, 28  
 Time: 4:00 p.m.- 4:45 p.m.

### THURSDAYS' YOUTH

**Course # W11058:** March 3, 10, 17, 24  
**Course # W11059:** March 31, April 14, 21, 28  
 Time: 5:00 p.m.- 6:00 p.m.

### THURSDAYS' TEEN/ADULT

**Course # W11060:** March 3, 10, 17, 24  
**Course # W11061:** March 31, April 14, 21, 28  
 Time: 6:00 p.m.- 7:00 p.m.



Fee: \$35 per person  
 Age: Pee Wee 4 - 7 years old  
 Youth 8 - 12 years old  
 Teen/Adult 13 & older  
 Location: Kiwanis Tennis Courts



## KARATE

This class will offer children physical fitness, flexibility, respect, dedication, self-confidence, perseverance, and self-defense. Kata, Kumite, Self-Defense, and Okinawa weapons are studied.

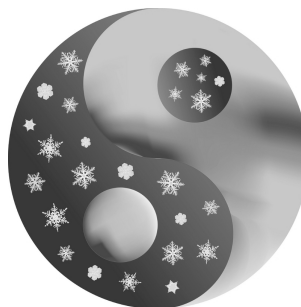
Day: Tuesdays and Thursdays  
 Date: **Course # W11062:** February 1 - 24  
**Course # W11063:** March 1 - 31  
**Course # W11064:** April 5 - 28  
 Time: 7:15 p.m. - 8:45 p.m.  
 Fee: \$45 per person  
 Age: 15 & older  
 Location: Kiwanis Center



## TAI CHI

This Chinese art form of exercise reduces stress and tension while improving energy, endurance, balance, strength, and overall health.

Day: Tuesdays  
 Date: **Course # W11065:** February 1 - 22  
**Course # W11066:** March 1 - 29  
**Course # W11067:** April 5 - 26  
 Time: 6:15 p.m. - 7:00 p.m.  
 Fee: \$40 per person  
 Age: Adult  
 Location: Kiwanis Center



**Don't forget when you register, use the Course Code # to identify the program sessions for which you are registering!**